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Dear Community Partner:

We are officially into fall! Start thinking about things you should do to get ready for winter. Do you have enough fuel for heating? Has your furnace been cleaned in the past couple of years? Do you need to have any energy savings measures done on your home? Have you replaced the batteries in your smoke and carbon monoxide alarms?

The heating assistance program HEAP should be opening in November. If you apply for HEAP, you could be eligible for a grant payment toward for most fuel types. HEAP can also assist with payment of furnace clean and tunes, furnace repair and replacement as well as weatherization for your home. The funding for these measures is normally available year-round. Please call our office for more information.

Fall is also the time for Medicare Open Enrollment. This is the time to review what insurance coverage you already have and see if it is still your best option. The plans need to let you know if their copays, prescription coverage or other related issues that are changing for the new year. As we all get bombarded with insurance related information this time of year you may have missed that important notice.

We will not be holding our annual Fall Festival however our certified health insurance counselors are just a call away if you need help. If you are computer savvy you can go online to mymedicare.gov and establish your own account to get the most accurate cost comparisons. Just make sure you are not caught unaware come January when the changes occur!

Family Matters: We have all had to adjust to a changing world, especially during the COVID19 outbreak. We have more time to be idle and sometimes worry takes over. The National Institute of Mental Health has provided a fact sheet to help us differentiate between stress and anxiety and what we can do to cope.

Medicare: The Centers for Medicare & Medicare Services have provided information about Enrolling in a Medicaid or Medicare Savings Program in New York, as well as Fall Open Enrollment, preventing and identifying Medicare Fraud.

Scam Alerts: The Federal Trade Commission has provided information about the “waiting package” phishing scams as well as an Infographic with tips to protect yourself from post-disaster scams.

Senior Activities & Educational Events: October is packed full of educational opportunities. Most of the events are being held virtually and may require advanced registration to access the event. Of special note, Herzog Law Firm is providing several free online webinars this month regarding Estate & Medicaid Planning.

Adult Support Groups: Adult support groups are continuing however most are being facilitated through Tele-Support (requires a phone) or a Virtual Platform (requires smart phone or computer).

Pop Up Events: At this time there are no events scheduled.

Senior Sites: At this time the Senior Sites are not open for congregate meals. They may be open at a limited capacity for other activities. Contact phone numbers are below. I have included the menu for this month for those receiving home delivered meals.

HUDSON FALLS

Kingsbury/ Fort Edward Area Sr. Center 518-747-9352 Max McDonnell
78 Oak Street

CAMBRIDGE

Cambridge Senior Center 518-677-8592 Shirley Ruggles
5 Park Place

WHITEHALL

American Legion 518-499-2482 Hellin LeClaire
148 Main Street (across from Park)

At this time all Office for the Aging large events have been postponed.

Thank you,

Stephanie Ball

Training & Resource Development Coordinator
(518) 746-2572